



On Holiday

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MP ‘Peacekeepers’ ready to deploy overseas



552nd MPs to split in half for Guam & Cambodia missions

Story and photo by **STAFF SGT. TARESHA HILL**
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command
SCHOFIELD BARRACKS — Watchdog leaders, Soldiers, families and friends gathered together during a deployment ceremony for 552nd Military Police Company, 728th MP Battalion, 8th MP Brigade, 8th Theater Sustainment Command, Dec. 8, at the company's training area.

Families and guests watched as the 552nd MP Co., “Peacekeepers,” officially cased their colors, and commemorated their upcoming mission.

However, it's not just a U.S. Pacific Command security force mission in Guam the company must prepare for. Due to additional mission requirements, the 552nd MP Co., has to split itself in half.

One half of the company, dubbed “Team Shield,” will remain at Schofield Barracks and later deploy to Cambodia for Exercise Angkor Sentinel 17 during

Capt. Joseph Price, company commander, and 1st Sgt. Donovan McManus, 552nd MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, case the company's colors during a deployment ceremony, Dec. 8.

the first iteration of U.S. Army-Pacific's Pacific Pathways 2017. The other half of the company, “Team Sword,” will deploy to support operations in Guam.

“I am very proud of you and your dedication as you have prepared for these missions. Your training, education and experiences have you more than ready for this journey. Trust in it,” said Lt. Col. Chad Froehlich, commander, 728th MP Bn.

Froehlich praised the unit's capabilities, and said he, “knew that the Peacekeepers were the unit to take on the role of this critical mission set.”

“I have faith in your leadership, competence, courage and absolute faith in your determination,” said Froehlich.

Capt. Joseph Price, the company's commander, said he was proud and very confident in his Soldiers' ability to successfully complete their missions.

“Peacekeepers, I am extremely thankful to Soldier with you. Your talents are endless, and your mental fortitude has set the tone for our success. Thank you,” said Price.

Price also acknowledged the sacrifices of the families and expressed his appreciation directly to the spouses of the Peacekeeper Soldiers.

“You allow myself and the first sergeant a lot of your spouse's time away from you, and I will not forget it. I am grateful to have you on their team for when they return home, and I can assure you that those deploying on the

Guam mission will be in good hands,” said Price.

For wife and mother Catherine Bido, who said being away from her husband, Sgt. Daniel Bido, for any length of time, is difficult, it is even more difficult now that they have kids.

“It's going to be hard, we are a team,” she said.

Bido said he was actually feeling excited despite the stresses he knows he will face while being away from his family.

“I'm looking forward to the experience, gaining new knowledge and building up the team cohesion with my Soldiers,” said Bido.

Team Sword will serve as the Task Force Falcon security force, offering many opportunities for increased readiness in core military police competencies.

This deployment is the first for most of the Soldiers in the company, but there was little doubt they are more than ready for the challenges ahead.

“Peacekeepers, you continue to impress 1st Sgt. and myself on a daily basis, and I know that you are truly the best Soldiers to complete this mission,” said Price.

94th AAMDC Sea Dragons participate in Spike TV's ‘Rock the Troops’

SGT. KIMBERLY MENZIES

94th Army Air and Missile Defense Command
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Soldiers with the 94th Army Air and Missile Defense Command, U.S. Army-Pacific, participated in Spike TV's “Rock the Troops,” a music and entertainment event, headlined by Dwayne “The Rock” Johnson, here, at the flightline, in October.

The “Rock the Troops” show aired Tuesday (Dec. 13) on Spike TV, and included previously unseen footage from the event.

“When I first heard about the event, I thought it was so nice for Dwayne Johnson to be part of something so awesome for us service members, and I wanted to be there,” said Sgt. Geysi M. Johnson, a property book noncommissioned officer with the 94th AAMDC and a native of Lawrence, Mass.

“I expected to see or hear the entertainers perform, do what they had to do and leave, which wasn't the case at all,” she continued. “They involved themselves with the service members, each giving a very personal touch to the overall event.”

The event featured appearances by Kevin Hart, Jack Black, Nick Jonas, Flo Rida and Lynyrd Skynyrd, but also included others and incorporated several surprises.

“I enjoyed that the performances appealed to many different age groups and cultural demographics,” added Johnson. “I was so surprised that Prince Royce per-



Photo by Maj. Troy S. Frey, 94th Army Air and Missile Defense Command Public Affairs
Army Master Sgt. Shaunte L. Hypolite (third from the right), chief paralegal non-commissioned officer with the 94th AAMDC, participates in a group interview with Dwayne “The Rock” Johnson, Oct. 21, for Spike TV's “Rock the Troops.”

formed and I loved it.”

“It truly was a great event,” said Master Sgt. Shaunte L. Hypolite, the chief paralegal noncommissioned officer with the 94th AAMDC from Galveston, Texas. “Not only was it good to see the various performances, but I especially enjoyed when Kevin Hart officiated the wedding of two service members and when a young service member who will be deploying soon was surprised on stage with a visit from him mom.”

Sea Dragons enjoyed the event not only as attendees but also as honored

guests asked to reflect on their experience serving in the armed services.

Hypolite was one of nine female service members from within the armed forces serving here on Oahu that was interviewed by Dwayne Johnson to be included as part of the program televised.

Hypolite has 19 years of active duty service in the U.S. Army and has deployed to both Iraq and Afghanistan.

“For someone to have me on their radar to represent the (94th AAMDC) and be a voice for female service members was truly an honor,” Hypolite shared.

“We were asked why we chose to serve, what were some of our experiences and challenges while serving,” she explained.

“They wanted to gain the female service members' perspective on serving in the military, especially with the major changes the (Department of Defense) has enacted with the opening of all jobs to members,” continued Hypolite.

The females selected were representatives from all branches – officers, enlisted, career and first-term members, said Hypolite.

“I would highly recommend for any Soldier or service member to participate in events such as this one,” she added. “Anytime we can get our story out there, to promote our profession to the masses, is a great thing. It is surprising that some still think of us as just warfighters. While that is part of what we do, as members, we do so much more on a daily basis. We face the same issues as our civilian counterparts.”

Though many hopeful attendees were unable to view the live performances due to space limitations, the overall energy for “Rock the Troops” was highly positive.

“It was a great morale-building experience and an awesome opportunity to view great entertainers at one location,” said Johnson. “I had no issues standing in line for a few hours for the opportunity to get to see Nick Jonas and Kevin Hart. I can't thank Spike TV, Dwayne Johnson, Kevin Hart and all the entertainers enough for this absolutely amazing, once-in-a-lifetime opportunity.”

HRC expands assignment tool for active duty, enlisted

DAVID RUDERMAN

U.S. Army Human Resources Command
Public Affairs

FORT KNOX, Kentucky — Army Human Resources Command has further expanded an online tool that enables active duty, enlisted Soldiers to designate assignment location and assignment preferences.

The Assignment Satisfaction Key, or ASK program, was initially fielded to fill

vacant positions in deploying units, but a redesign has transformed it into a career development tool for enlisted Soldiers across the Army – for Soldiers in ranks E-1 through E-8 non-promotable.

According to Arthur Dille, an HR supervisor with HRC's Enlisted Procedures and Soldier Actions Branch, the redesign was executed by a team of HRC specialists who went through the program, screen-by-screen.

They then analyzed and reorganized the structure to ensure it is both streamlined and functionally effective, collapsing multiple screens into one to make it easier to navigate.

“We wanted an improved look and feel; we wanted it to be usable. We cleaned it up and consolidated it so it is more user-friendly,” Dille said. “It allows for Soldiers to see requisitions, volunteer for them, and indicate their preferences

for assignments. The idea is to empower Soldiers in the assignment process.”

ASK has been updated to ensure that Soldiers who log in see only assignments for which they are currently eligible based on MOS, rank, time on station as of report date, and military education. The possibilities for self-nomination are limited to open requisitions organized by location.

(See the rest of this article at www.hawaiiarmyweekly.com.)



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CG extends holiday wishes for safety, care

U.S. ARMY-PACIFIC
News Release

FORT SHAFTER — U.S. Army-Pacific team, we have had another exciting, challenging and fast-paced year in USARPAC

Now that the holidays are here, we need to take time to reflect on our accomplishments and enjoy this season with our family and friends.

Even though this is a time of celebration, we must ensure that safety and protection remain top priorities while we enjoy our time away.

The Pacific theater has some of the most diverse and pristine environments in the world. We must ensure that our entire team is prepared for the wide range of hazards associated with the season, such as extended travel, icy roads, high surf, alcohol consumption, and even the potential for depression and suicidal thoughts.

Motorcycle and automobile accidents have always been the No. 1 killer of our Soldiers during the holidays. Protect yourself



Brown

and your team by planning accordingly to allow ample time to reach your destination.

When driving, be prudent, be alert, be patient and be sober. Look out for each other; take care of your teammates by ensuring they make the right decisions and

ing risks and maintaining safety and protection awareness throughout the season. Be especially attentive to those who are struggling with personal issues, and ensure everyone knows where to go for help – at any time – regardless of location.

Take care of your teammates.

Thank you for your continued contributions to our Nation and support of the U.S. Army-Pacific mission.

Patti and I wish you all the best this holiday season.

One Team!

Robert B. Brown
General, U.S. Army
Commanding

2BCT TEAM-BUILDING



Photo by Petty Officer 2nd Class Omar Powell, Navy Media Content Services

BARKING SANDS, Hawaii — The “Warrior Brigade,” 2nd Infantry Brigade Combat Team, 25th Infantry Division, conducts its senior noncommissioned officer’s physical training exercise at Pacific Missile Range Facility, or PMRF, here, Dec. 6, as part of a team-building exercise.

Taxpayers must recognize phishing scams

INTERNAL REVENUE SERVICE
News Release

WASHINGTON — The Internal Revenue Service and its Security Summit partners are cautioning taxpayers to avoid identity theft by watching for phishing scams that can increase around the tax season.

The IRS, state tax agencies and tax industry – all partners in the fight against identity theft – remind taxpayers the easiest way for an identity thief to steal taxpayer information is by simply asking for it.

As a result, each day, people fall victim to phishing scams through emails, texts or phone calls, and mistakenly turn over important data. In turn, cybercriminals try to use that data to file fraudulent tax returns or commit other crimes.

The IRS, states and the tax community are sharing information to taxpayers and tax professionals as a part of the ongoing Security Summit effort to combat refund fraud and identity theft.

Surge in email, phishing and malware schemes

The IRS saw an approximate 400 percent surge in phishing and malware incidents during the 2016 tax season.

Scam emails are designed to trick taxpayers into thinking these are official communications from the IRS or others in the tax industry, including tax software companies. These phishing schemes can ask taxpayers about a wide range of topics.

Emails can seek information related to tax refunds, filing status, confirming personal information, ordering transcripts, verifying PIN information and asking people to verify

their tax software account.

Variations of these scams can be seen via text messages, and the misleading communications can be seen in every section of the country.

When people click on these email links, they are taken to sites designed to imitate an official-looking website, such as IRS.gov. The sites ask for Social Security numbers and other personal information, which could be used to help file false tax returns.

The sites also may carry malware, which can infect people’s computers and allow criminals to access your files or track your keystrokes to gain information.

As part of the “Taxes. Security. Together.” Campaign, aimed at encouraging taxpayers to take stronger measures to protect their financial and tax data, the IRS and its Security Summit partners urge people not to give out personal information based on an unsolicited email request.

The campaign calls for taxpayers to take the time to examine, identify and avoid emails that do any of the following:

●**Contain a link.** Scammers often pose as the IRS, financial institutions, credit card companies or even tax companies or software providers. These scams may claim they need the recipient to update their account or request they change a password.

The email offers a link to a spoofing site that may look similar to the legitimate official website. Taxpayers should follow a simple rule: Don’t click on the link. If in doubt, they should go directly to the legitimate website to access the account.

●**Contain an attachment.** Another option for scammers is to include an attachment to

the email. This attachment may be infected with malware that can download malicious software onto the recipient’s computer without their knowledge.

If it is spyware, it can track the recipient’s keystrokes to obtain information about their passwords, Social Security number, credit cards or other sensitive data. Remember, taxpayers shouldn’t open attachments from unknown sources.

●**Are from a “government” agency or “financial institution.”** Scammers attempt to frighten people into opening email links by posing as government agencies, financial institutions and even tax companies. Thieves often try to imitate the official organizations, especially tax-related ones during the filing season.

●**Are from a “friend.”** Scammers also hack email accounts and try to leverage the stolen email addresses. Recipients may receive an email from a “friend” that just does not seem right. It may be missing a subject for the subject line or contain odd requests or language as the underlying content. If the email seems “odd,” taxpayers should avoid clicking on any links or opening attachments.

●**Contain a false “lookalike” URL.** The sending email may try to trick the recipient with the URL or web address. For example, instead of www.IRS.gov, it may be a false lookalike, such as www.irs.gov.maliciousname.com. To verify the authenticity, a recipient can place their cursor over the text to view a pop-up of the real URL.

Learning to recognize and avoid phishing emails. Share your knowledge with family members. All this is critical to combating identity theft and data loss.

Voices of Ohana

With Christmas just around the corner, we wondered, “What is the most memorable Christmas present you’ve received?”

By Karen A. Iwamoto, Oahu Publications



“My best friend made me a personalized card. She drew me as a bear because she considered me like a Teddy Bear.”

Kawika Malama
Schofield Barracks Commissary vendor



“A friend gave me a toy gun when I was a kid. It wasn’t something he bought from a store. It was his and he gave from his heart.”

Benjamin Matutino
Schofield Barracks Commissary employee



“A beagle puppy that I named George Bailey from ‘It’s a Wonderful Life.’”

Chelsea Muniz
Army spouse



“My mom and grandma bought me a Sega Genesis when I was a kid, but I saw it, so they hid it from me at Christmas (so I would still be surprised).”

Staff Sgt. Ellis Riggins
303rd Ord. Bn. (EOD), 8th TSC



“I woke up one Christmas morning and had this beautiful lady lying beside me. ... She was my wife.”

Lupe Tyrell
Schofield Barracks Commissary employee

JOINT STATIC AIRCRAFT DISPLAY



Photos by Tech. Sgt. Alison Bruce-Maldonado, 154th Wing Public Affairs
JOINT BASE PEARL HARBOR-HICKAM — Soldiers from the 25th Infantry Division showcase their RQ-7 Shadow to visitors during a joint aircraft static display on the flightline, here, Dec. 6. The display, which featured a diverse range of aircraft, was open to all service members, families and veterans.

Right — A group of visitors representing the 100th Infantry Battalion and the 442nd Regimental Combat Team, led by retired Maj. Gen. Robert G.F. Lee, pose for a group photo in front of a U.S. Air Force C-17 Globemaster III bearing their namesake the “Spirit of Go for Broke” during the joint static aircraft display, Dec. 6.



Drones are prohibited on USAG-Hawaii installations

KAREN A. IWAMOTO
Staff Writer

WHEELER ARMY AIRFIELD — Unmanned aircraft systems, or UAS (also known as unmanned aerial vehicles, UAVs or drones), once relegated to intelligence gathering and military activities, are now widely available to hobbyists and commercial enterprises.

Nearly half a million people nationwide have registered drones with the Federal Aviation Administration since December 2015.

In Hawaii, more than 3,000 drones have been registered as of May, according to FAA statistics.

Kualoa Ranch even hosted the World Drone Racing Championship in October, which brought operators from as far away as Ukraine and the United Arab Emirates to the islands.

But as the holidays near and more of the remote-controlled aircraft land under Christmas trees, officials are reminding the public to operate them safely and responsibly — off post!

Reason is, U.S. Army Garrison-Hawaii prohibits the unauthorized operation of drones over its properties. Violation of this policy on remotely controlled aircraft could result in disciplinary action.

“There is a security concern associated with it, with having drones potentially flying over and filming a military installation,” said James C. Knight, chief of the Directorate of Plans, Training, Mobilization and Security’s Aviation Division. “And then there’s the potential of drones posing a hazard to some of (the Army’s) low-flying helicopters.”

He noted that there have been no indications of drones being used for spying over USAG-HI property, but added that some families living on base may be operating their drones for recreation without realizing they are in violation of Army policy.

Photo by John Hamilton
Dozens of small, authorized, off-the-shelf drones sit idle while program officials conduct system checks to prepare them for a flight preceding a Network Integration Evaluation.



Point of Contact
Anyone who spots a drone over US-AG-HI property is asked to contact the DPTMS Aviation Division at 656-7431.



Photo by Sgt. Michael J. MacLeod
During training, an unmanned aerial vehicle (UAV) operator with the 82nd Airborne Division’s 1st Brigade Combat Team assembles a Raven during an authorized UAV Refresher Course in Fort Bragg, N.C., in a previous year.

Operating Drones & Policy

For more information on where you can legally operate your drone, download the FAA’s free B4UFLY smartphone app from the App Store for Apple and the Google Play store for Android.

USAG-HI 34 policy on drones and other remotely operated vehicles is available at www.garrison.hawaii.army.mil/command/documents.htm?tab=1.

Prohibitions & Registration

Drones are prohibited over national parks, within 5 miles of airports (unless the operator receives prior permission) and overcrowded areas, such as beaches.

All drones must be registered with the FAA.

For more information on registering your drone, visit federaldroneeregistration.com.

DPAA teams perform w/expertise in efforts to bring closure

Story and photo by
STAFF SGT. ROY WOO
Defense POW/MIA Accounting Agency

In the early morning hours of June 23, 1945, three Navy pilots left Naval Air Station Barbers Point, Hawaii, as part of an F6F-3 night familiarization flight.

The three aircraft were in formation as they followed the coastline, until the group inadvertently separated as the pilots attempted to avoid a light overcast.

Only two out of the three pilots returned to the air station that day.

Fast forward 71 years, the Defense POW/MIA Accounting Agency, or DPAA, conducted a recovery mission for the third aircraft that never returned. This particular crash site, located in the Ko’olau Mountain range on the northeast side of Oahu, is considered one of the most challenging missions to date for the agency.

Due to strict environmental policy concerns and the elevation of the crash site, the decision was made to have two teams with nine personnel each to support the recovery. One team would operate in the Ko’olau Mountains as the dig team, and the other would operate the screening stations located near Wheeler Army Airfield.

With the operational support of the 25th Combat Aviation Brigade (CAB), 25th Infantry Division, DPAA was able to conduct the sling-load operation.

The excavation team, called the “mountain team,” was inserted into the crash site by a jungle-penetrator – a piece of equipment used in rescue operations to hoist personnel to safety, which was mounted on a UH-60 Black Hawk.

After insertion, teams worked four days each week on-site through rainstorms

and harsh conditions, such as dense vegetation, steep inclines, extremely wet terrain and thick mud.

The progress of the team was best explained by DPAA archaeologist and mountain team recovery leader, Kimberly Maeyama.

“From an excavation perspective, we averaged approximately one, two-by-two meter excavation units every other day, four days a week, for eight weeks,” said Maeyama.

The mountain team was challenged with moving buckets of dirt over a distance more than 100 meters with environmental obstacles along the way.

With safety and efficiency in mind, the excavation team set up pulleys and climbing ropes to transfer buckets from the dig site to the landing zone for packaging and pickup.

The team was successful in creating a bucket line that was able to transfer three buckets at a time using a sliding system and personnel in-between transfer points to move buckets from one pulley system to another.

Once the buckets of dirt arrived at the landing zone, personnel poured the buckets into bundles and prepared them for sling-load operations.

“We estimated daily (the amount of dirt coming in),” said Capt. David Lochart, excavation team leader. “If we got two sling-loads out in the morning and in the afternoon, we could move 12,000 to 14,000 pounds of dirt.”

Upon arriving to the mountain site, the 25th CAB would hover over the landing zone while personnel of the mountain team would hook the sling-load to the long lines that were attached to the Black



Recovery team members of the DPAA screen excavated dirt during a DPAA recovery mission on the island of Oahu in August. The mission of DPAA is to provide the fullest possible accounting for our missing personnel to their families and the nation.

Hawk.

The sling-load was carried 20 minutes to the screening site where the “screen team” prepared to receive the bundled dirt. Each sling-load of eight to 14 bundles, weighing approximately 3 to 4,500 pounds, was transferred to the drying stations to be screened.

The hardest condition for the screen team was the unpredictable weather and the efforts to dry the excavated dirt as the amount of incoming dirt was greater than the dirt screened. However, the team’s effort to work as quickly as possible did not mean going through the dirt at the screens without keeping a keen eye for possible evidence including pieces of bone.

“The bundles we received were mud,”

said Megan Ingvaldstad, DPAA archaeologist and screen team recovery leader. “We needed to dry it out as quickly as possible so that we could visualize its contents. We didn’t want to mistake any sort of small bone as fragment and rock.”

“We processed about 250,000 pounds of excavated dirt,” said Capt. Joseph Lewandowski, screen team leader. “It’s a lot of dirt we have to go through looking for the most miniscule, tiny items we can find in order to complete the identification, as well as completing the process of returning whatever we can find to the family.”

Both teams worked through their own hardship and challenges, with different objectives but to achieve a common goal – fulfilling our nation’s promise.

Miller turns his tragedy to triumph at TAMC

AIR FORCE STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity-Forward Center Hawaii

TRIPLER ARMY MEDICAL CENTER — U.S. Army Maj. Patrick Miller began working, here, in 2016, as the hospital’s resource manager, but not a day goes by when he doesn’t remember one day at a past assignment that changed his life forever.

For Miller, April 2, 2014, was like any other Wednesday, like any other work day – until it wasn’t.

What happened

“I was thinking to myself I can’t believe this is how it ends ... this is how I’m going to go,” Miller said. “I said I’m not spitting up blood, choking up blood. I can control my breathing and I’m cognizant of the situation. ... I’m going to live.”

Miller is one of 16 survivors of the 2014 Fort Hood tragedy, one who faced life and death at less than an arm’s length away from a Soldier focused on ending lives.

“I vividly remember thinking this Soldier sees Major Miller standing there, and he’ll come in our office for protection,” Miller said. “At that time, he ran up to me and shot me in the stomach – point blank – with a .45!”

After being severely injured and despite his life

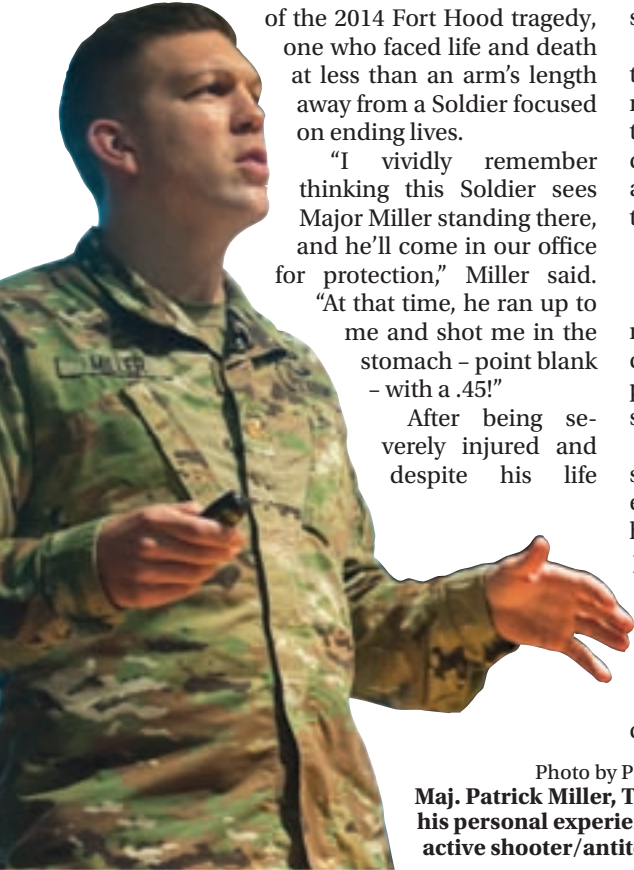


Photo by Petty Officer 2nd Class Jerome D. Johnson, Defense Media Activity

Maj. Patrick Miller, Tripler Army Medical Center resource manager, shares his personal experience involving the 2014 Fort Hood shooting during an active shooter/antiterrorism briefing, Oct. 14, at Tripler.

hanging in the balance, Miller fought back, applying pressure to his wound with one hand and calling 911 with the other.

“I just pushed him out of the doorway, shut and locked the door, ran through the office, so I could lock the other side of the door, and grabbed the folks that were under their desks, under their cubicles and brought them into my office,” Miller said.

Once the area was secure, medics were able to arrive on scene to help Miller and transport him to the nearest hospital.

“I still communicate and talk with, to this day, the surgeons, the doctors, the nurses, the medics and the staff at Carl R. Darnall Army Medical Center,” Miller said. “I’m eternally grateful for them saving my life.”

His period of physical recovery would prove challenging, but thanks to his wife being there with him, every step of the way, he was able to overcome obstacles.

“Physically and mentally, it was tough, especially those first few months,” Miller said. “It was an adjustment for my wife and my family. My wife is a nurse so that care, that home care, was a godsend in itself. What drove me then and what drives me today is not sitting around feeling sorry for myself, but to really be grateful that I’m still here and I am still alive.”

Active shooter training

Aside from his duties as the hospital’s resource manager, Miller shares his story with Soldiers and civilians to bolster readiness so that others can be more prepared if they have to react to a real-world active shooter scenario.

“I volunteer to augment the antiterrorism, active shooter training here, to take a real life, real-world example to kind of show people how real it is, so it can hit home a little more,” Miller said. “It’s so important to pay attention to those active shooter trainings ... the resiliency stuff that we do – because run, hide, fight, it’s not a joke. ... You need to know what to do, the steps to take, where to go, because the worst thing you can do is do nothing.”

U.S. Army Col. Soo Lee Davis, TAMC deputy commander of Administration, said that the efforts



Photo by Air Force Staff Sgt. Chris Hubenthal

Maj. Patrick Miller, TAMC resource manager, poses for a photo with his wife and daughter, Nov. 18, at TAMC.

Miller volunteers to fulfill in order to heighten awareness is important.

“Having someone who can speak on why it’s important to train on what we call an active shooter incident makes it more real and makes it come alive,” Davis said. “It heightens the reality of the risk, and it really puts you in a position where you think ‘What would I do in that situation?’ ... It’s not something you just read in the news or you read in the paper. ... It’s a living person that’s here and talking to you about it.”

Davis said that Miller is an example that Soldiers should strive to emulate.

“When I think of duty, honor and country, and when I think of all the Army values, Patrick Miller comes to mind,” Davis said. “I think he really represents the kind of leader and tone that we want to see in our future Army leaders.”

Miller continues to serve and find new opportunities to raise awareness and increase readiness to better arm service members and civilians if an incident should happen again, all while remembering and honoring those who lost their lives on that tragic day.

“Not a day goes by where I don’t think of Sgt. 1st Class Danny Ferguson or Sgt. Timothy Owens or Staff Sgt. Lazaney-Rodriguez,” Miller said. “Regardless of what happened, you still have another chance. Not everyone gets that chance. Take the tragedies in life ... and turn them into triumphs.”

Princeton University b’ball team visits Tripler

Story and photo by
WILLIAM SALLETT
Tripler Army Medical Center Public Affairs

TRIPLER ARMY MEDICAL CENTER — The Princeton University basketball team and staff took some time to visit Tripler Army Medical Center, here, Dec. 5, before playing in the 2016 Pearl Harbor Invitational.

The team took a brief tour of the hospital and then met with patients and staff members of the TAMC Physical and Occupational Health clinics.

“We welcome these opportunities to meet and talk with those outside the military to share how we take care of our service members and their families,” said Maj. Jose Durbin, chief of the TAMC Physical Therapy service. “To interact with athletes is especially rewarding as we share so much in common.”

The team was in Hawaii as a player in the invitational that was held in the historic Bloch Arena on Joint Base Pearl Harbor-Hickam, Dec. 6 and 7, as part of the 75th commemoration of the attack on Pearl Harbor.

“It was great talking to some of these Soldiers,” said Jackson Forbes, forward, Princeton University. “The Soldiers are very humble. They give a lot and they ask for very little. It’s inspiring.”

The Princeton team went on to lose their first game of the invitational, but won the second against the University of Hawaii. However, for many of the players and staff, that won’t be the only memory they are taking away from this trip.

“It has been really great being able to do these tours



Players and staff from the Princeton University basketball team pose for a group picture with members of Tripler Army Medical Center’s Physical and Occupational Therapy clinics, Dec. 7. The team and staff took some time to visit the hospital before playing in the 2016 Pearl Harbor Invitational, which was part of the 75th commemoration of the attack on Pearl Harbor events. The team explained it fully appreciates the service of military members.

with the military,” said Chris Mongilia, director of Basketball Operations for Princeton University. “Seeing the discipline and dedication each service member displays and how they become brothers and sisters and a family together has been really good for us as a team.”

“Military and athletes alike understand what it

means to sacrifice and hold you accountable to the greater good of an organization or team,” said Durbin. “I hope the players were able to get a small glimpse of how we go about caring for our patients and returning them to full function, while promoting overall health and wellness.”

Career Skills Program graduates seven Soldiers

SABRINA RASSMUSSEN
Directorate of Human Resources
U.S. Army Garrison-Hawaii

PEARL HARBOR — The Schofield Barracks Career Skills Program graduated seven Soldiers from the first cohort with Concrete Preservation Institute (CPI) Field School.

The graduation took place, here, at the World War II Valor in the Pacific National Monument to coincide with the 75th anniversary of the Pearl Harbor attacks, and it hosted guests and participants including the graduates, their family members, industry leaders, and federal and state partners.

The seven service members went through the 12-week-long class learning about preservation of national monuments, concrete basics, Occupational Safety and Health Administration, or OSHA, safety procedures and construction skills.

CPI is a nonprofit educational foundation that trains active duty military



Photo by Eugene Kam Photography

CPI graduates gather for a remembrance photo. Pictured, from left to right, are Spc. Matthew Peach, Spc. Clint Everett, Staff Sgt. Andrew Parks, Sgt. Rodderick Johnson, Spc. Terik Webb, Sgt. 1st Class Benito Segura and Sgt. Maria Valdez.

service members and post 9-11 veterans for careers in the concrete and construction industry while preserving national monuments.

CPI is an official partner of the U.S. National Park Service and has field school locations at both Pearl Harbor and Alcatraz Island, California. In Hawaii, Soldiers

receive both classroom and hands-on training by restoring historic mooring quays on battleship row at Pearl Harbor.

Lt. Col. Britton London Sr., military executive officer, U.S. Army Garrison-Hawaii, was a keynote speaker at the graduation, and he congratulated the Soldiers on their accomplishment and the foundation they have set for future cohorts.

Other speakers included Jacqueline Ashwell, National Park Service; Dr. Tanya Komasa, CEO of CPI; and various members and investors from the industry.

The Career Skills Program, with help from CPI, will track the hiring status of all the participants thus forward.

Next Cohort

The next group will begin Jan. 30, with interviews being held Jan. 25.

Applications are available at the Transition Center, Soldier Support Center, Bldg. 750, Schofield Barracks.

For more information, contact Megan Szabla at (808) 655-6569.



Retirees and their family members gather together after USARPAC’s quarterly Celebration of Service retirement ceremony for a group picture.

Over two centuries of duty honored at Celebration of Service

Story and photos by
STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army-Pacific Public Affairs

FORT SHAFTER — On Dec. 13, family, friends and colleagues of eight U.S. Army Soldiers came together at historic Palm Circle, here, for a ceremonial expression of appreciation and gratitude for their combined 204 years of federal service to the U.S. Army, the U.S. Army-Pacific and our nation.

“At the U.S. Army-Pacific, we refer to today’s ceremony as a ‘Celebration of Service’ because that is exactly what we are here for today,” said USARPAC’s Deputy Commanding General, Army National Guard, Brig. Gen. Bryan Suntheimer, who officiated the ceremony to celebrate the service of the eight exceptional leaders who will transition out of active military service to the Army’s distinguished retired roster.

USARPAC’s Celebration of Service

ceremony recognizes Soldiers for their distinguished service to USARPAC and the U.S. as they prepare to transition into new careers. This celebration was the eighth one held with the intent of honoring retiring service members quarterly.

Over the course of the celebration, Suntheimer spoke to the audience about how these noteworthy Soldiers’ careers have impacted USARPAC. He addressed how the members’ devotion made the Army better, and personally thanked each of the honorees for the sacrifices they and their families have made.

“I’ll close this memorable day by saying congratulations, again, to all of the honorees, on achieving this milestone of military retirement,” Suntheimer said. “And a very special thanks to the families and supporting casts of these stars for sharing them with us for these many decades and for being their strength and support.”

Retirees

Col. Mary E. Abrams of Syracuse, N.Y.

Sgt. 1st Class Trinity James Caver of Akron, Ohio

Col. Thomas E. Hanson of Leavenworth, Kan.

Sgt. 1st Class Timothy Hicks of El Paso, Texas

Sgt. Maj. Peter D. Howell of Fort Lauderdale, Fla.

Maj. Brandon Johnson of Dallas, Texas

Col. Phillip A. Mead of Marshalltown, Iowa

Capt. Timothy W. Warner of Memphis, Tenn.



Above Right — Col. Mary E. Abrams receives her retirement award from Brig. Gen. Bryan Suntheimer, U.S. Army-Pacific deputy commanding general, Army National Guard, Tuesday. Family, friends and colleagues of eight U.S. Army Soldiers in USARPAC came together at Palm Circle to honor their combined 204 years of federal service.

‘Rudolph’s Shipping Shack’ opens at Main Post Office

Drive-by and prepaid package drop-off set up

U.S. POSTAL SERVICE
News Release

HONOLULU — The U.S. Postal Service has kicked off the holiday season by re-opening its Rudolph’s Express Shipping Shack and its drive-by Prepaid Package Drop-Off tent at the Main Post Office near the Honolulu Airport.

“These special operations will make it easier for our customers to ship out their Christmas packages during the holidays,” said USPS District Manager Greg Wolny.

Rudolph’s Express Shipping Shack, located adjacent to the Main Post Office’s

retail lobby, provides customers mailing three domestic items or less and/or purchasing Forever stamps, a way to bypass the traditionally long holiday lines in the lobby.

“This shack provides a convenient way for customers with just a few packages to conduct an over-the-counter transaction with a postal clerk without having to step into the oftentimes busy Post Office lobby,” said Wolny.

The shipping shack’s hours of opera-



tion follow:

- 10 a.m. to 6 p.m. on weekdays through Dec. 23, the three weeks leading up to Christmas, and
- 10 a.m. to 3 p.m. on Saturday, Dec. 17.
- The shack is closed on Sundays.

The Prepaid Package Drop-Off tent, located near the entrance of the parking lot at the Main Post Office, has also begun operations. Its hours are noon to 6 p.m. on weekdays through Dec. 23.

“This tent will enable customers who’ve paid for and printed out their postage at our website, USPS.com, to drive up and

drop off their prepaid packages without getting out of their cars. It’s another way that we are making it easier for our customers to manage their holiday shipping,” said Wolny.

In addition, postal “elves” are creating fun and festive Christmas displays in the public areas outside the Main Post Office’s lobby. The displays include a snowman and a wreath fashioned out of Priority mailboxes, a “photo cutout” with images of a postal clerk and elves, an augmented reality “gift alert” station, numerous inflatable figures, including a “shaka” Santa, decorated Christmas trees, garlands and lights, lights, lights.

The public is welcome to view the Christmas displays through the holidays.



16 / Friday

ACS — All Army Community Service offices will be closed today, Dec. 16, for in-service training/strategic planning. ACS offices will reopen at 7:30 a.m., Monday, Dec. 19.

Emergency contact numbers follow:

- Family Advocacy Program at 226-3231.
- Army Emergency Relief at 1-877-272-7337 (American Red Cross).

19 / Monday

Town Hall — The Garrison commander will conduct an employee town hall from 2-4 p.m., Dec. 19 at Sgt. Smith Theater, Schofield Barracks.

22 / Thursday

TARP — Threat Awareness and Reporting Program briefings are held at 9 a.m.:

- 3rd Thursday, Sgt. Smith Theater, Schofield Barracks.
- 2nd and 4th Thursdays, Kyser Auditorium, Tripler.
- 1st Thursday, Bldg. 1554, Fort Shafter Flats.

25 / Sunday

USAHC-SB — The Acute Care Clinic at U.S. Army Health Clinic, Schofield Barracks, will be closed on Dec. 25 and Jan. 1, 2017. The USAHC-SB will be closed on Dec. 26 and Jan. 2, 2017. Construction of the parking lot has been delayed due to rain.

29 / Thursday

CRE — There will be no Community Readiness Expo, Dec. 29, due to the holiday season. The CRE will resume Jan. 5., 2017.

Ongoing



TROOP SUPPORT

SCHOFIELD BARRACKS — 25th Infantry Division command staff, its Division Artillery and 25th Sustainment Brigade, plus 84th Engineer Battalion (part of the 130th Eng. Brigade, 8th Theater Sustainment Command), and Garrison’s Directorate of Emergency Services provided assistance with moving three artillery macro-artifacts from in front of the Tropic Lightning Museum. The equipment was repaired and repainted at the Logistics Readiness Center on East Range before returning to the museum. Mahalo troops!

DPW — The Directorate of Public Works (Wheeler, Bldg. 104) will operate on the following temporary hours until further notice:

- Office hours of Monday-Friday, 6 a.m. to 4 p.m. Call 656-1275.
- After hours of Monday-Friday, 4 p.m. to 6 a.m., for emergency calls only, including all weekends and holidays.

Call the Installations Operation Center, or IOC, at 656-3272.

Combined Federal Campaign — The Hawaii-Pacific Area Combined Federal Campaign encourages you to donate to the CFC.

Pledges made by service members and other federal employees during the campaign season support eligible nonprofit organizations that provide health and human service benefits throughout the world.

Visit <http://www.cfc-hawaii.org>.

2015 Cyber Breach — The Office of Personnel Management has announced a change to the credit monitoring and identity protection service provider that will affect a subset of individuals impacted by the

personnel records cyber incident announced in the summer of 2015.

Most impacted individuals will not experience any change to their current coverage, and do not need to take any action, but a subset of individuals will need to re-enroll to continue coverage (effective Dec. 1, 2016).

It’s complicated, but the best way for employees to know if they are affected is to go to the OPM cyber security website, where you can verify your status, if desired.

Specific information for employees affected by either or both OPM personal data breaches is here: <https://www.opm.gov/cybersecurity/personnel-records/>.

Pharmacy Network Changing — Walgreens pharmacy locations have joined the TRICARE beneficiaries network. CVS pharmacies, including those in Target stores, left the network, Dec. 1. Visit www.tricare.mil/PharmacyNetworkChange.

Text 911 — New technology has improved our emergency response capability. If you cannot provide a voice (or telephone) call to 911 during an emergency, you can

now use your cell phone. Visit www.hawaiiextto911.com.

Prescriptions — Did you know that the post pharmacy will take back your expired prescriptions free of charge? Pick up an envelope at any Tripler pharmacy for disposal. Call 433-8421.



16 / Friday

Likeline — The Hawaii Department of Transportation advises Oahu motorists of nighttime closures on the Likeline Highway.

The closures will take place during the months of December through March 2017 for replacement of Wilson Tunnel lighting.

Lane closures are as follows:

- Kaneohe-bound.** Closed in the Kaneohe-bound direction between Nalanieha Street and Kahakili Highway from 9:30 p.m. to 5:30 a.m.
- Through Thursday morning, Dec. 22.
- Monday night, Jan. 2, 2017, through Friday morning, Jan. 27.
- Sunday through Thursday nights, excluding Monday night, Jan. 16.

- Honolulu-bound.** Closed in the Honolulu-bound direction between Kahakili Highway and Nalanieha Street from 8 p.m. to 4 a.m.

- Sunday night, Jan. 29 through Friday morning, March 10.
- Sunday through Thursday nights, excluding Monday night, Feb. 20, 2017.

Roadwork updates are posted on the Hawaii Department of Transportation website at <http://hi.dot.hawaii.gov>.

17 / Saturday

Schofield Power Outage — There will be a power outage on Saturday, Dec. 17, from 7 a.m. to 4:30 p.m.

The areas affected include Lyman Road, Burger King, Popeyes, child development centers 1280 and 1283, and work centers. During this time, traffic lights will be installed on Flagler.

Note, organizations may not be all inclusive and times are a best estimate.

Field conditions may increase the time to install lights.

Early tax filers may not immediately receive refunds

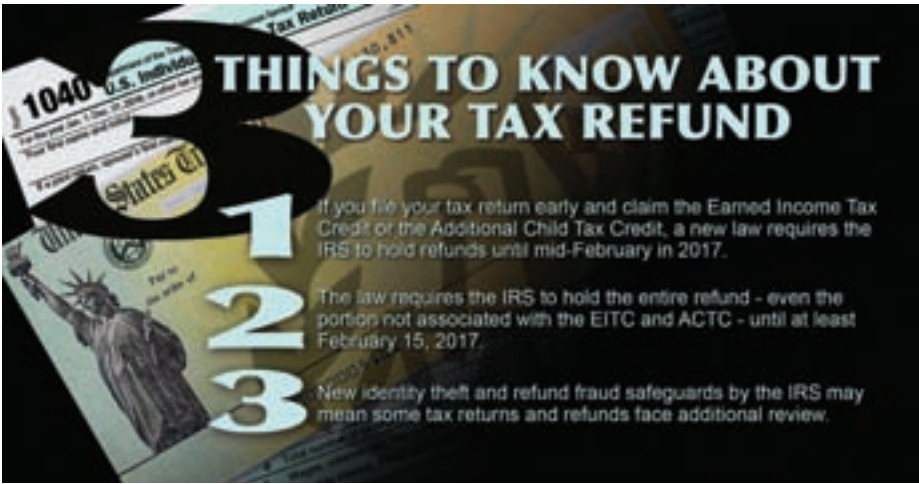
Refunds may be delayed until mid-February 2017

BOB KRAMER
Army News Service

FORT MEADE, Md. — Some taxpayers plan their holiday shopping for purchases on the assumption they will get their tax refund from the Internal Revenue Service in January.

In 2017, that may no longer be the case. The Protecting Americans from Tax Hikes, or PATH Act, signed into law in December 2015, requires the IRS to hold tax refunds that include earned-income tax credit and additional child tax credit until Feb. 15, 2017.

This law requires the IRS to hold refunds until mid-February in 2017 for people claiming the earned-income tax credit or additional child tax credit. Also, new identity theft and refund fraud safeguards by both the IRS and individual states may mean some tax returns and refunds will



Photo/graphic by Defense Media Activity Navy Media

face additional review.

Some refunds delayed in 2017

Beginning in 2017, the IRS must hold the entire refund – even the portion not associated with the earned income credit or additional child credit – until at least

Feb. 15. The IRS says this change will ensure taxpayers get the refund they are owed by giving the agency more time to help detect and prevent fraud.

“This is an important change, as some of these taxpayers are used to getting an early refund,” said IRS Commissioner

John Koskinen. “We want people to be aware of the change for their planning purposes during the holidays. We don’t want anyone caught by surprise if they get their refund a few weeks later than in previous years.”

As in past years, the IRS will begin accepting and processing tax returns once the filing season begins. All taxpayers should file as usual, and tax return preparers should submit returns as they normally do.

Although the IRS cannot issue refunds for some early filers until at least Feb. 15, the IRS reminds taxpayers most refunds will be issued within the normal timeframe: less than 21 days, after being accepted for processing by the IRS.

Checking Status

The Where’s My Refund? tool on IRS.gov and the IRS2Go phone app remain the best way to check the status of a refund.



Bestselling author is a former Soldier who gets stories from history

KAREN A. IWAMOTO
Staff Writer

HONOLULU — Although the nation wrapped up its commemoration of the 75th anniversary of the attack on Pearl Harbor, last week, a lesser-known attack on Dec. 7, 1941, remains mostly shrouded in mystery.

The SS Cynthia Olson, a World War I-era steamer under charter to the Army was en route from Washington state to Hawaii with a load of lumber to help build up the islands’ defenses when it came under fire from a Japanese I-26 submarine.

SS Cynthia Olson issued an SOS before its crew of 35 reportedly abandoned the ship in lifeboats. From there, they vanished from sight and – for the most part – memory.

With the world’s attention focused on the bombing of Pearl Harbor, where more than a thousand service members lost their lives aboard the USS Arizona alone, the SS Cynthia Olson became a historical footnote.

What happened to the crew? Did the submarine attack occur before the bombing of Pearl Harbor, and if so, could that have altered the United



Stephen Harding

States’ response to Pearl Harbor and changed history?

Author, military historian and former Soldier Stephen Harding, who was in Hawaii last week to meet members of the Greatest Generation, seeks to answer these questions in his latest book, *Dawn of Infamy: A Sunken Ship, a Vanished Crew and the Final Mystery of Pearl Harbor*.

Ship, a Vanished Crew and the Final Mystery of Pearl Harbor.

Harding is no stranger to World War II history. He has written eight other books, including *The Last Battle*, a *New York Times* bestseller about U.S. and German soldiers who join forces to protect an Austrian castle from the SS, and *The Castaway’s War: One Man’s Battle Against Imperial Japan*, about an injured Navy officer who launches a one-man fight on a Japanese-occupied island in the Pacific.

Both are slated for the silver screen.

For *Dawn of Infamy*, he hunted down

existing interviews with the I-26 captain, traced the history of the SS Cynthia Olson and delved into the archives of the *Honolulu Star-Bulletin*, one of the local daily newspapers in Hawaii during World War II.

For the final piece of the puzzle, he found himself going further adrift.

“I had to get away from just military history,” he said. “I ended up doing a lot of research on the North Pacific Gyre, which is this huge circulating current in the Pacific. This is key to the mystery (of what happened to the crew).”

Ultimately, he said, his focus is on stories about individuals or groups that, through their actions, illuminate larger themes with universal appeal.

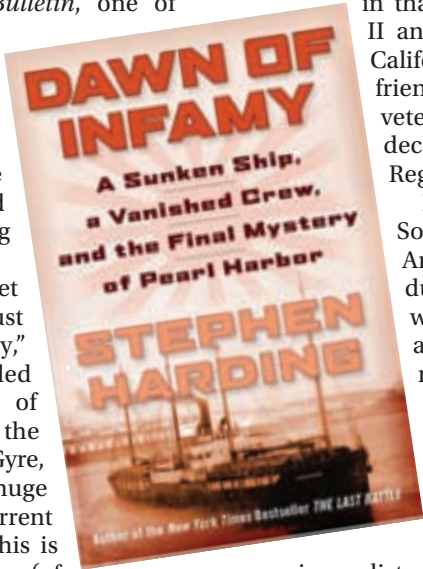
Much of his work focuses on the

Pacific theater of World War II. He attributes his interest in that period to having a father and uncle who served in that region during World War II and to his own childhood in California, where relatives of his friends were Japanese-American veterans of the Army’s highly decorated 442nd Infantry Regiment.

Harding is himself a former Soldier, having served in the Army’s public affairs field during the Vietnam War. He was pulled into that field after a training injury left him bed-ridden with lots of time to read – and “at the military hospital, a lot of the reading material had to do with military history,” he added.

After his stint in the Army, he became a defense journalist, covering stories in Northern Ireland and Iraq. He was on the staff of *Soldier*, the official magazine of the Army, for almost two decades.

He currently lives in Virginia, where he is the editor of *Military History* magazine.



A volunteer tour group travels down to the ancient native Hawaiian lo'i or taro patch inside Lyon Arboretum that existed before Western contact in 1778.

December 16, 2016

Grow your tropical forest appreciation at

Lyon Arboretum

Story and photos by
CHRISTINE CABALO
Staff Writer

HONOLULU — It will be a surprise to many that there is a one-of-a-kind nature preserve that offers hikers and nature enthusiasts a near pristine sanctuary, and it is located only minutes from downtown Honolulu.

The Lyon Arboretum in Manoa Valley offers visitors one of the few botanical gardens in the world featuring a tropical forest environment.

The area was once a reforestation project run by the Hawaiian Sugar Planters' Association and its plant pathologist, Harold Lyon, in 1918. The current-day botanical garden is 195 acres, guided by the University of Hawaii staff's mission to preserve and promote Hawaii's unique flora.

"We have dual roles of research and education for public outreach," said Carl Evensen, interim director for Lyon Arboretum. "Being free and open to public is important to us, serving as a resource for residents and visitors to the islands. Some come for the environment and appreciate it artistically. Others like its physical challenges. We hope visitors come to see the environment and stay to learn about its plant life and urban gardening."

Hiker's paradise

The arboretum features more than 5,000 different plant varieties and numerous bird species.

"I've spent so much time listening to them and hearing them respond back to me," said Alessandra Jann-Jordan, a Honolulu social worker who is among several docent volunteers to guide tours.

For hikers, there are 7 miles of trails, some leading as far up as a 1,900-foot elevation and others to the 'Aihualama Falls. There are also picturesque resting spaces and other areas that are wheelchair accessible or easy for families to enjoy.

The arboretum is also developing new features to help community outreach and researchers. Staff had previously used historic cottages near the arboretum to house rare and endangered varieties of plants, either as seeds or as living tissue cultures, Jann-Jordan said. These samples are preserved with the hope of being able to replant them in their natural environments.

Construction continues for a new facility to house the plants scientists have been able to cultivate and to conduct research, said Richard Sears, acting education

manager.

Still evolving

"The facility will have a viewing lanai, so visitors can see scientists doing their magic," he said. "It will be great for research and outreach. We're planning construction to finish by next year."

The main outdoor areas of the arboretum are also going through changes, as arborists have cut down several older trees that were invasive pests planted years ago. Sears said most of them were the invasive albizia trees, which grow fast, have soft wood prone to housing termites, change soil composition and have shallow roots that make them projectile dangers during heavy storms.

Sears said since the older invasive trees have been cleared out, staff is working on creating a new trail featuring the arboretum's many varieties of palm trees. The extra wood from the cut trees is also being used by several student projects, one using a harvested log as a traditional va' a canoe and another for a University of Hawaii student looking at using the wood as housing material for the homeless.

Sears said the arboretum is also a place of learning with a yearlong schedule in a wide variety of topics. Visitors can learn traditional Hawaiian arts using the natural plantlife in the area for weaving or dying. The educational department also offers wellness classes to help the public have a balanced life with mindfulness yoga hikes,

vegetarian cooking classes for all ages and more.

"This is an amazing rain-forest environment where you can learn about culture and see exotic tree species, taro patches and waterfalls," Sears said. "We are always looking for volunteers and to do more outreach, with more signs about our plants. This is a wonderful place, a hidden jewel waiting for people to see and explore."

Visit Lyon Arboretum

Lyon Arboretum is open 8 a.m. to 4 p.m., Monday through Friday, and 9 a.m. to 3 p.m. on Saturdays. The Arboretum is closed on Sundays, as well as state and federal holidays.

Due to construction of new facilities, the Arboretum parking lot is closed through Dec. 16, but visitors are welcome to walk in.

Visitors may park at the Paradise Park parking lot for a fee or walk through the parking lot to the left to enter Lyon Arboretum.

Connect with the Arboretum

The Arboretum has a new mobile app for smartphones available through its website, Google Play or the Apple App Store.

For more information, visit the website: manoa.hawaii.edu/lyonarboratorium.



There are several Lyon Arboretum trails that lead to 'Aihualama Falls, and they may take anywhere from 25 minutes to one hour to hike one way from the Arboretum's visitor's center.




Left — Hikers in one of the volunteer guide tours take photos of feral lizards found inside Lyon Arboretum. The botanical garden is home to dozens of species of plant and animal life.



Right — A golden Buddha statue made in the Sukhothai-style is one of several interesting landmarks along the trails at Lyon Arboretum.



Visitors who hike up the trails might catch Inspiration Point further up Lyon Arboretum, with a view of Manoa Valley.



Briefs

16 / Friday

Christmas Lunch Special — Come to FS Hale Ikena for a special Christmas lunch for \$14.95 from 11-2 p.m. Call 438-1974.

Leilehua Concert Series — The group Maunalua is featured, 6-8 p.m., at The Grill at Leilehua Golf Course. No admission charge. Call 655-4653.

Paint and Sip at Tropics — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

17 / Saturday

Breakfast with Santa — AMR Recreation Complex hosts from 8-9 a.m. Reservations are required. Tickets can be purchased at any Army Leisure Travel Services location. Ticket prices are adults (and children 12+) \$18; kids (5-11) \$9; and keiki under 5 are free. Call LTS at 438-1985 or 655-9971.

Adventure Biking — Cruise through Pearl City down to Pearl Harbor with Outdoor Recreation for \$30 from 8:30 a.m.-12:30 p.m.

ODR will provide transportation (up to 12 people), guide and equipment; all you need to bring is some water, snacks and a great attitude.

This is a beginner program, but participants must be able to ride a bike. Call 655-0143.

SATURDAY AT AMR



ALIAMANU MILITARY RESERVATION — Celebrate the holiday season at **Winter Wonderland, Saturday, with Family and MWR** at AMR Recreation Complex from 9 a.m.-2 p.m. Enjoy snow zones with real snow, pictures with Santa, performances, games and crafts. Call 655-0002.

Table Top Gaming — For adults at Sgt. Yano Library from 1-4 p.m. Light refreshments will be offered. Call 655-8002.

Single Soldier Holiday Dinner — Annual evening event begins at 5 p.m. at SB Tropics Recreation Center. Open to active duty single Soldiers and geographical bachelors. Enjoy a night filled with fun, games, laughter and delicious food. Call 655-5698.

18 / Sunday

NFL Sunday Ticket — Every Sunday at SB Tropics, watch your favorite teams go head-to-head. Doors open 30 minutes before the first game. Be sure to check out the Sunday breakfast menu. Call 655-5698.

NFL Sunday Cornhole Challenge — Every Sunday at SB Tropics at 11 a.m., bring your cornhole board and bags and join the team. Call 655-5698.

19 / Monday

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

Employment Orientation — New to the island and looking for employment? This class at the SB ACS, 10-11:30 a.m., will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses seeking federal employment.

Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227 to register.

20 / Tuesday

Anger & Conflict Solutions —

Prevention program teaches individuals the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their personal anger cues and offer ways to de-escalate conflict situations.

21 / Wednesday

After School in the Library — Make crafts and play games at SB Sgt. Yano Library from 2-3 p.m. Open to ages 6-12. Call 655-8002.

Ornaments at the Studio — Teens (12+) and adults are welcome to SB Sgt. Yano Library’s Studio to make holiday ornaments. All supplies will be provided while they last. Call 655-8002.

Ornaments Stars — The holiday season is here, so make star ornaments at FS Library to celebrate. Available while supplies last at 3:30 p.m. Call 438-9521 for more information.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

16 / Friday

Hui ‘O Na Wahine Spouses Club Scholarship — The 2016-2017 application process is now active. Applicants must be a Hui member by the end of December 2016.

Scholarship and membership applications are available at www.schofieldspousesclub.com/. The deadline for applications and all reference letters is Feb. 10, 2017.

For more information or questions, email Huiresident@gmail.com or huischolarshipchair@gmail.com.

Honolulu City Lights — Annual holiday festival of displays and events continues daily from 8 a.m.-11 p.m., through Jan. 1, 2017, downtown at Honolulu Hale (city hall) and the surrounding campus area. Free photos with Santa, 7-9 p.m., on Dec. 9, 16 and 23.

Honolulu City Lights Trolley Tour — Enjoy the lights, daily, 6:30-9 p.m., through Dec. 30 (except Dec. 24-25). Cost of

HOLIDAY ADOPTION



Courtesy Hawaiian Humane Society

HONOLULU —Hawaiian Humane Society Elves will make Christmas morning deliveries of adopted pets. Only people who adopt a pet on Dec. 23 or 24 can take advantage of the Humane Society’s Christmas Day delivery service. Call 356-2218 or go to www.hawaiianhumane.org/a-home-for-the-holidays/.

\$7.75 and benefits the Hawaii Foodbank. Call 591-8411 or visit wardvillage.com/trolley or holidaylightstour.com. Children under 3 ride free.

“The Nutcracker” — Ballet Hawaii performs the holiday classic with the Hawaii Symphony Orchestra, Dec. 16-18, at the Blaisdell Center Hall, and will feature guest artists from the New York City Ballet and Carolina Ballet. Visit BalletHawaii.org or buy tickets through ticketmaster.com.

Holiday Concert — Windward Choral Society presents its annual holiday concert, featuring the U.S. Marine Corps Forces, Pacific Band Wind Ensemble, 7 p.m., at the Central

Sheraton Waikiki through early 2017 showing snowmen with surfboards and Santa serving cocktails to snowmen. Visit sheraton-waikiki.com.

Hiking — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday.

18 / Sunday

Honolulu Museum of Art — Bank of Hawaii Family Sunday, 11 a.m.-5 p.m., includes cookie decorating and the Oahu Civic Orchestra. Ride free shuttle buses to Spalding House for additional activities. Visit 808ne.ws/2g4y9Me.

Jingle Rock Run 2016 — Make-A-Wish Hawaii’s annual fundraiser begins at 3 p.m. with entertainment, food and festivities. A Keiki Sprint at 5:15 p.m. is followed by a 5K run/walk at 6 p.m., starting and ending at the state capitol and passing by Honolulu City Lights displays. Prices at \$24-\$40. Register at jinglerockrun.com.

30 / Friday

Hanukkah — Festival of Lights and dinner begins at 6 p.m. with dinner and Shabbat service with menorah lighting at 7:30 p.m.; dessert will follow. Location is 2550 Pali Hwy.

See COMMUNITY B-4

SAT Registration — Deadline is Dec. 20 for the Jan. 21 test. Call 655-8326.

Play Mornings at ACS — Meet other moms and dads, share information and parenting tips and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

22 / Thursday

Teacher Work Day — No school for Hawaii public school students. Call 655-8326.

SKIES Dance Classes — From Dec. 22-Jan. 6, camps will run Monday-Friday, from 7 a.m.-1 p.m. Open recreation is offered Monday-Thursday from 1-8 p.m., Friday from 1-10 p.m., and Saturday from noon-8 p.m. Call 833-0920, 655-0451 or 438-1487.

School Age Winter Cruise — Each center will be offering a Winter Cruise Camp, Dec. 22-Jan. 6, 2017. Features daily field trips, Monday-Friday, from 5:15 a.m.-6 p.m. Call 655-5314 or 833-5393 or contact your child’s School Age Center for more information.

23 / Friday

FS Hale Ikena — The FS facility is closed for the holidays. Reopens Jan. 3, 2017.

Winter School Break — All public schools are closed through Jan. 6, 2017.

DIY Christmas Tree Making — SB ACS holds this EFMP family event from 10 a.m.-noon. Reservations are required. Call 655-4227.

25 / Sunday

Christmas Day — All FMWR operations are closed.

28 / Wednesday

Teen Manga Club — Discuss popular manga titles and anime titles at SB Sgt. Yano Library. This month’s theme will be “Accessories for Cosplay.” Begins at 3:30 p.m. Call 655-8002.




Play Mornings at ACS — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10-11 a.m. Call 655-4227.

30 / Friday

Softball — The holiday softball Midnight Madness entry deadline is today. Call 655-9914.

New Year’s Eve Pre-Party — Join SB Tropics at 7 p.m. for a live DJ, games and specialty beverages. Must be 18 years or older. Call 655-5698.

Right Arm Night — Bring your battle buddies to SB Nehelani from 5-7 p.m. and enjoy food, fun and entertainment. Call 655-4466.




Keeping up with the Joneses (PG-13)

Friday Dec. 16, 7 p.m.

Doctor Strange (PG-13)

Saturday Dec. 17, 4 p.m.



Almost Christmas (PG-13)

Saturday Dec. 17, 7 p.m.

Trolls (PG-13)

Sunday Dec. 18, 5 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care	FMWR: Family and Morale, Welfare and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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ARMY FINALLY PREVAILS



Photos by John Pellino, DoD News, Defense Media Activity
BALTIMORE, Md. — Army West Point Football defeats the U.S. Naval Academy 21-17 in the 117th Army-Navy Game at M&T Bank Stadium, here, Saturday.

Breaking a 14-year winner’s drought, Army cadets celebrate the cadets first win over the Midshipmen since Dec. 1, 2001, while hoisting the Secretary’s Trophy (above).



Dear Tina prepares military parent for deployment

Army Community Service offers advice

Dear Tina,
My husband is leaving soon for almost a year deployment. It’s the first time he’s been gone since our daughter was born and I’m really stressing out about it.
I don’t know how I’m going to be a single parent for so long, and I’m worried that our daughter won’t even know him when he comes back. She’s only 5 months old! What can I do?

Sincerely,
Soon to be Solo

Dear Soon to be Solo,
First, I want to thank you for the sacrifice you are making in being an Army spouse, and thanks to your husband for his service.
As far as going it alone as a parent, I think it’s important to focus on building a local support system by getting involved in community activities and getting to know other families/parents. Don’t be shy about asking for help when you need it from those you trust.
Other moms are often quite willing to swap babysitting favors. It’s amazing

Dear Tina

Answers questions for parents who are expecting or have young children age 0 to 3 years old.

Tina is a registered nurse, certified breastfeeding specialist, certified infant massage instructor, educator and home visitor with the ACS, New Parent Support Program (NPSP).

what an hour to yourself can do. It’s also helpful to develop a daily routine with your daughter. This will provide stability and security for her and predictable “me time” for you.
To keep your daughter and your hus-

band connected, plan regular video calls as much as possible. Other moms have shared with me that this was very helpful, no matter how young the child was.
Talk about your husband frequently and show her pictures of him. She will understand more and more as she grows.
When your husband returns from deployment expect that it may take some time for your daughter to reconnect with him, but with a little patience and understanding, it will happen. Just follow her cues and comfort level and try not to force the relationship.
For more assistance and tips, you are welcome to contact us here at the New Parent Support Program at 655-4227.
Army families do sacrifice a lot to serve our country, and we here at Army Community Service want to provide and connect you with resources to make things easier and help you learn to navigate the challenges such as extended deployments. Here is a list of resources you should be aware of:
FRG (family readiness group for your husband’s unit) – They will be able to keep you informed with official information related to the deployment and provide social opportunities as well. If you aren’t already, get plugged in.
CRE (Community Readiness Expo)

– Get help with specific questions before, during and after deployment. Call 655-4227 and ask for Mobilization and Deployment Program for details.
Blue Star Card — You will receive discounts and MWR opportunities during the deployment. Call 655-0002/0113.
Legal — Having power of attorney for your husband is important while he cannot be present to sign for himself in matters that arise while he is deployed. Call 655-8607.
Service Members Civil Relief Act — Check this out to see if you qualify for reduced interest rates and other financial options related to deployment. Call 655-4227 and ask for our Financial Readiness Program.
Family Life Chaplain – Contact the chaplains for spiritual and other counseling services and social activities. Call 655-9355.
MFLC (Military Family Life Counselors) – Receive free and confidential counseling. Call 222-7088.
For more information and details on these resources and others, please call 655-4227 and ask for our Mobilization and Deployment department.

Best wishes,
Tina

DeCA selects SpartanNash as private label supplier

DEFENSE COMMISSARY AGENCY
News Release
FORT LEE, Va. — The Defense Commissary Agency has selected MDV SpartanNash to bring private label products to store shelves.
“Our customers have been asking for a private label for a long time,” said Joseph H. Jeu, DeCA’s director and CEO, citing a DeCA patron survey in which 60 percent of respondents said they would like to see a commissary private label offering.
“They are smart, savvy shoppers who know that private label products are cost-

effective alternatives to national brands. We’re excited to help them save more at our commissaries.”
Private label products are offered by a retailer under their own, in-house brand or under a brand developed by their suppliers. Retailers are able to do this by working directly with suppliers.

Compliment name brands
Commissaries will add private label options to their assortments, while continuing to offer the name brands that patrons have always shopped.

DeCA conducted a rigorous selection process to identify the right supplier.
“Throughout the process, our goal was to find a partner that could provide quality products to our patrons at a savings level that is equivalent to or better than what they find from private label products at commercial grocers,” Jeu said.
Over the next several months, DeCA will work closely with SpartanNash to decide on an initial assortment of products to introduce. The initial assortment should be available at all commissaries worldwide in May 2017 and will include

approximately 400 items.
Private label items will continue to grow to approximately 1,000 items by the end of 2017. Over the next two years DeCA will continue to add more private label products to the commissary stock assortment.

More Online
For more information on DeCA’s private label program, visit the transformation FAQs available on commissaries.com.

’Tis the season to save at the Army & Air Force Exchange Service

ARMY & AIR FORCE EXCHANGE SERVICE
News Release
DALLAS — The Army & Air Force Exchange Service is ensuring authorized shoppers are always finding the lowest prices this December with a holiday extended price guarantee.
Through Dec. 24, all purchases made at the Exchange are guaranteed to offer the best value in town as shoppers who find an identical item elsewhere for less will receive an Exchange gift card for the difference.
“The Exchange wants to be military customers’ first choice this holiday season,” said Army Col. Karen Fleming, Exchange logistics deputy director. “This price guarantee, combined with our everyday low prices, price matching and tax-free shopping, should help lighten the load on shoppers’ wallet.”
To receive a gift card, shoppers should bring the original Exchange

receipt along with a current local competitor’s ad. The holiday extended price guarantee includes shopmyexchange.com as compared to local retailers.

Gas savings
With the busy, and expensive, holiday shopping season in full swing, AAFES gas stations worldwide are helping to make sure that filling up doesn’t empty the wallet either.
From Dec. 19 to Dec. 25, the Military Star card is doubling the everyday 5-cents-per-gallon gas discount cardholders receive when fueling up at a Hawaii Exchange gas station. For that week, drivers paying for gas with their Military Star card will receive 10 cents off per gallon.
“As we head into the final holiday shopping week, we are providing an added incentive for last-minute shoppers to come on base or post to



Courtesy photo
The Army & Air Force Exchange Service is offering merchandise at low prices for the holidays.

see what the Exchange has in store,” said General Manager Robert Rice. “The savings at the pump are just the beginning of the value authorized shoppers will find at the Exchange.”

More Online
Visit the Exchange’s website at shopmyexchange.com.

A Christmas carol-like replay triggers memories

Thanksgiving was over to begin with. I awoke at midnight from a strange dream of being chased by a mashed potato monster, but I couldn’t run, due to the weight of my own enormous thighs. Then, suddenly, a form appeared at the foot of my bed wearing a floor-length polyester tartan skirt, a white ruffled blouse with a huge tab collar, a crocheted vest and a Christmas tree pin. “Hi, like, I’m the Ghost of Christmas Past, and I’m here to take you on a pretty groovy trip back to the 1970s,” the apparition said, twirling a segment of her long hair. No sooner did I grasp the ghost’s macramé belt, than we were whisked on metal roller skates to the home of my youth. It was Christmas 1974, and my brother and I were decorating the tree with tinsel, careful not to rest the silvery plastic strips on the hot bubble lights, while our mother wrote a shopping list, which included fruitcake, tea towels, Avon perfume, Barbies, Tonka trucks and ribbon candies – gifts she would buy our family members with the money she had saved in her Christmas account. Mom served us cocoa in Santa mugs with icky mincemeat cookies, as we waited for “The Year Without a Santa Clause,” which our console television might pick up if the antennae were turned just right. We lay contentedly on the green shag rug listening to a Burl Ives record, gazing up at our tree and its Styrofoam egg carton star. I reached out, trying in vain to re-experience my youth, but was wrenched from my trance when a bubble light scorched my arm.


“Ouch!” I exclaimed, and was upon my own bed, surrounded by nothing but darkness and a faint tapping sound. There, I saw the second apparition, her thumbs poking at an iPhone. “Hey, how’s it going,” she said, “I’m the Ghost of Christmas Present, but gimme a sec, I’ve gotta answer this.” Finally, the specter proclaimed, “Alrighty, touch my yoga pants and let’s do this thing, because I’ve got carpool duty in a couple hours.” I grabbed her spandex waistband and was transported to scenes of unimaginable chaos. First, we saw my three-page Christmas list, which included gifts for the school lunch ladies, the ukulele instructor and our neighbors. Next, we joined a stampede of Black Friday shoppers poised to pepper spray each other over the last PlayStation 4 at Walmart. At Starbucks, we paid \$5 for Mocha Peppermint Chai Teas and \$300 for gift cards. Then, we dashed off to mail-out 150 photo cards and letter inserts with exaggerated superlatives about our kids and the dog. Then, we ate, and ate, and ate. We ate gallons of hot dip and platters of cookies. We washed it all down with cartons of eggnog that, according to the sell-by date, would still be edible come Valentine’s Day. Finally, the Ghost dropped me in



Courtesy photo
Lisa Smith Molinari learns the true meaning of Christmas as she mulls over Dickensian memories of past Christmases and the current state of the holidays.

front of our HDTV virtual fireplace glowing beside our artificial tree with its economical LED lights. Exhausted, I pleaded, “Have mercy! Haunt me no more!” Just then, a figure approached from the shadows. “Are you the Ghost of Christmases yet to come?” I yelled in fear. The apparition only handed me a small high tech device. With a swipe, I activated a holographic Christmas tree and started microwaving a vegan Tofurkey dinner. In mere nanoseconds, I live-streamed Christmas greetings to friends of friends of friends on Facebook. But then, the Spirit pointed a long finger at the futuristic device. On the screen appeared countless images of

pale people alone in the dark clicking buttons on Christmas. “Oh, no Spirit!” I cried, clutching at his robes. “I will heed these lessons and honor Christmas in my heart!” I awoke in my own bed and rushed excitedly down the stairs, shouting to my daughter, “Turn off that virtual fireplace before you dot another ‘i,’ Lillian Molinari!” To my husband, I said, “Off with you to the Winn Dixie for the fattest turkey in the freezer case!” I ripped up my three-page shopping list, put on my Sinatra holiday CD and resolved to always keep Christmas well. And lest I forget, “God bless us, every one!” (Molinari’s column is at www.themeatandpotatoesoflife.com.)

A broken coffee mug offers a lesson of compassion

CHAPLAIN (CAPT.) BRIAN HARGIS
2nd Squadron, 14th Cavalry Regiment
2nd Brigade Combat Team
25th Infantry Division

HELEMANO MILITARY RESERVATION — We don’t forgive easily and we often fail to forget the wrong suffered. Years ago, when my oldest son was just a little guy, he accidentally dropped my favorite coffee mug. It shattered into pieces on the kitchen tile. I handed Jordan a broom and made him sweep up the pieces. When all the broken shards and slivers were collected, he had to glue it back together again. He struggled with the puzzle of broken and missing pieces, but after a few hours he finished. Although the mug was no longer usable, with all the holes and cracks, it served as a constant reminder to Jordan of what he had broken something that I had cherished. The mug was a gift that I had valued so much that it overshadowed my



Hargis

empathy for Jordan. I failed to put myself in Jordan’s shoes and connect with him emotionally. He certainly didn’t mean to break it. It was an accident, one that I thought was careless, reckless and could’ve been avoided. If we are honest, there are areas of our life that we have carelessly damaged or even changed the course or direction through neglect. Yet, we are God’s valued possession. I’m so glad that my Heavenly Father is far better than I was with Jordan. God doesn’t parade my past failures on a shelf so that I can be reminded of them each day. He doesn’t throw my past in my face to remind me of how careless I have been.

Footsteps in Faith

In fact, the Lord didn’t make me sweep up a mess and glue it back together. If that was the case, it would still be broken like the coffee mug. Thankfully, God, not me, repaired and salvaged the broken pieces in such a way to make it usable again for others. We are broken, but God rises above all human expectation and exceeds our failure by forgiving and forgetting.

“As far as the east is from the west, so far hath he removed our transgressions from us.”
— *Psalm 103:12*



Photo courtesy of Chaplain Brian Hargis
Chaplain Brian Hargis’s broken coffee mug serves as a reminder of his son’s mistake. However, upon further reflection, he concludes that forgiveness is more important than dwelling on past mistakes.
(Hargis is the “Strykehorse” chaplain/pastor for Helemano Military Reservation Chapel.)

Holiday Worship			
Catholic Worship Services Dec. 24, 5 p.m., Christmas Family Mass, AMR & MPC Dec. 25, 8:30 a.m., Christmas Day Mass, AMR Dec. 25, 10:30 a.m., Christmas Day Mass, MPC Dec. 31, 5 p.m., Feast of Mary, Mother of God, WAAF	Jan. 1, 8:30 a.m., New Year’s Day Mass, AMR	Dec. 25, 5 p.m., Christmas Eve Service, FD	WAAF
	Jan. 1, 10:30 a.m., New Year’s Day Mass, MPC	Dec. 25, 7 p.m., Christmas Eve Service, AMR & SC	Dec. 25, noon, Christmas Day Service, MPC
	Jewish Worship Service Dec. 29, 6 p.m., Chanukkah/Hanukkah Menorah Lighting, MPC	Dec. 25, 9:27 a.m., Christmas Day Service, SC	Dec. 25, 12:30 p.m., Christmas Day Service, AMR
	Protestant/Gospel Worship Services Dec. 24, 6:30 p.m., Christmas Eve Service, MPC	Dec. 25, 10 a.m., Christmas Day Service, HMR	Dec. 31, 10 p.m., New Year’s Eve Service, MPC
		Dec. 25, 10:30 a.m., Christmas Day Service, AMR	
		Dec. 25, 11 a.m., Christmas Day Service,	



Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel
- Buddhist Services**
• First Sunday, 1 p.m. at FD

- Last Wednesday, 6 p.m. at MPC
- Catholic Mass**
• Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
• Tuesday, 7 p.m. at AMR
• Wednesday 11:45 and 5 p.m. at MPC
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC
- Gospel Worship**
• Sunday, noon. at MPC

- Sunday, 12:30 p.m. at AMR
Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH (Call 473-3971)
- Protestant Worship**
• Sunday Services
-9 a.m. at MPC
-9 a.m. at FD
-10 a.m. at HMR and WAAF
-10:30 a.m. at AMR
-11 a.m. at WAAF (Contemporary)
- Liturgical (Lutheran/Anglican)**
• Sunday, 9:27 a.m. at SC



community Calendar

CONTINUED FROM B-1

Donations welcome. Call 595-7521 or visit shaloha.com.

Ongoing

Ornaments — The Friends of Honolulu City Lights have designed their 2016 Honolulu City Lights ornaments to mark the 75th commemoration of the

Pearl Harbor attack. A “Holoholo Pearl Harbor” ornament is situated at Honolulu Hale, and a “Saluting Our Heroes” ornament. The 2016 Holoholo Series ornaments are \$18 each, plus tax. They are currently available for purchase at all Oahu branches of First Hawaiian Bank or at any Macy’s store. The Friends’ website is selling the ornaments at \$24, which includes shipping and handling at honolulucitylights.org.

Jewish Services — Weekly worship services are 7:30 p.m. Fridays, at Aloha Jewish Chapel,

Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH. Saturday services are available at the Ala Moana Hotel. Call 735-8161. Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and

Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

Mammograms — “Helping Women Now. Are You Due?” The U.S. Army Health Clinic-SB is now offering walk-in mammograms at the Radiology Clinic, Bldg. 685. Call 433-8355.

Paws on the Path Hiking Club — Join other pet owners as they hit trails around Oahu. The club meets the last Saturday

of every month to hike together. The group meets at 8:30 a.m. to begin the hike at 8:45 a.m. Bring water for you and your pet, your cell phone and check the Hawaiian Humane Society’s website for any updates on weather cancellations. The club repeats every month from April through the last Saturday, Dec. 31. Visit www.hawaiianhumane.org.

Family Fishing — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Call 233-7323.

Mauli Ola visits Tripler Army Medical Center

Story and photo by
WILLIAM SALLETT

Tripler Army Medical Center Public Affairs

HONOLULU — Tripler Army Medical Center hosted the Maui Ola Foundation, Dec. 7, as the foundation visited patients who were children with cystic fibrosis and cancer.

The foundation is a nonprofit organization dedicated to providing hope and confidence to individuals living with genetic diseases such as cystic fibrosis. Its goal is to harness the healing powers of the ocean and introduce surfing and other ocean-based activities as a natural therapy.

“The foundation started off with cystic fibrosis, but they are now expanding to other genetic diseases,” said Julie Kalakau, TAMC child life specialist. “It’s great to see them evolve in order to reach more affected children in different disorders.”

Genetic disease

Cystic fibrosis is a progressive, genetic disease that causes a buildup of mucus that affects many different systems in the body. People with cystic fibrosis are at greater risk of getting lung infections because thick, sticky mucus builds up in their lungs, allowing germs to thrive and multiply. Infections and complications associated with the disease cause illness and hospitalizations.

After finding a research article that provided scientific support that ocean water provides natural therapy for people with cystic fibrosis, James and Charles Dunlop, founders of Ambry Genetics, were inspired. In 2008, they created the Maui Ola Foundation.

“This can really be an isolating disease,” said Kalakau. “Most patients have to have three treatments or more every day, which can consume up to three hours a day. (It) makes it difficult to be anything other than kids with cystic fibrosis. They don’t get the opportunity to be normal kids, and this foundation gives them opportunity to safely participate in an activity with other children with cystic fibrosis.”

For the past eight years, the foundation has conducted a biannual visit of patients at TAMC, as well as a Surf Experience Day activity, where it takes patients with cystic fibrosis, and other major diseases, along with their family members, for a day on the ocean surfing, kayaking and paddleboarding.

“These kids have such a tough life, and for that day or the time we are in the water, they can forget about all the tribulations, treatments and ... be normal kids,” said Kala Alexander, vice president of the Maui Ola Foundation.

Although the foundation has helped thousands of children throughout the U.S., it continues to grow and is now conducting visits and Surf Days in multiple countries around the world.

“Cystic fibrosis isn’t just in the U.S.,” said Alexander. “There are children around the world that could benefit from what we do. When you are sick, morale is super important, and that is what our foundation offers these kids and their families.”



Mauli Ola foundation Vice President Kala Alexander shakes the hand of Judah Allen during a visit to Tripler Army Medical Center, Dec. 7. Judah has cystic fibrosis, a progressive, genetic disease that causes a buildup of mucus that affects many different systems in the body. The foundation is a nonprofit organization dedicated to providing hope and confidence to individuals living with genetic diseases such as cystic fibrosis.

TAMC TIP

Drinking and Driving



It’s a threat to everyone to drink and then drive.

Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This stat amounts to one death every 51 minutes.

Driving drunk is never okay. Choose not to drink and drive, and help others do the same.

Take a few minutes to make sure you and others avoid impaired driving.

•**Designate a nondrinking driver** before any party or celebration begins. Remind others to do the same.

•**Don’t drink and drive.** Get a ride home or call a taxi.

•**Take the keys.** Don’t let someone else drink and drive.

•If you’re hosting a party where alcohol will be served, remind your guests to **plan ahead and designate their sober driver**; offer alcohol-free beverages and make sure all guests leave with a sober driver.

•**Buckle up** every time. It’s your best defense against a drunk driver.



Photo by Christine Cabalo, Oahu Publications

The Drunk Driving Prevention Program provides free rides to those who call the program or use their app if they are too impaired to drive. Volunteers will ensure both drivers and their cars are driven home safely. Call 888-7407 or visit ddpp.us.